



**"Mental Health...is not a destination but a process.**  
It's about how you drive, not where you are going."  
Noam Shpancer

Placer County utilizes a client centered, strength based, and recovery focused treatment approach. Treatment, while different for everyone, focuses on these four major areas of recovery:

### Health

Make informed, healthy choices that support physical and emotional well-being.

### Home

Have a stable and safe place to live.

### Purpose

Engage in meaningful daily activities, such as a job or school, volunteering, caring for your family, or being creative. Work for independence, income, and resources to enjoy life.

### Community

Build relationships and social networks that provide support.

To access mental health services please call Placer County Intake or attend one of our outpatient screening clinics.

### Placer County Intake

(916) 787-8860

(Toll free) 1-888-886-5401

Email: [MHServices@placer.ca.gov](mailto:MHServices@placer.ca.gov)

### Mental Health Screening Clinic Information

#### Tuesday

1 - 2 p.m. at

101 Cirby Hills Dr. Roseville, CA

#### Wednesday

9-10 a.m at

11512 B Ave. Auburn, CA

#### Thursday

9 - 10 a.m. at

101 Cirby Hills Dr. Roseville, CA



## Health and Human Services Adult System of Care Mental Health Services





## Treatment Approach and Services

The Adult System of Care provides an array of mental health and supportive services for those who live with mental illness. Services are individually designed to help you achieve your personal recovery goals.

Services include:

- Mental health assessment
- Crisis services
- Medication Assistance
- Group and Individual Therapy
- Housing assistance
- Behavioral and Physical Healthcare coordination
- Linkage to Community Resources
- Family Supports and Services
- Peer supports and Social groups

## Screening clinics

### Who should come to a screening clinic?

Anyone in need of mental health treatment is welcome to attend. Please call in advance if cultural or linguistic accommodations are required.

### How much does an assessment cost?

A mental health screening appointment is FREE! If you are subsequently linked to the Adult System of Care for a formal mental health assessment and services, several payment options are available. Payment options include: Medi-Cal insurance (share of costs may apply) and sliding scale payment.

### What should I bring to the screening clinic?

Bring a copy of your insurance card, proof of residency, and proof of income if uninsured.



**“There is no health  
without mental health.”**  
David Satcher

## Outpatient Services

Placer County provides outpatient mental health services for qualified individuals. Services are provided to Placer County Medi-Cal beneficiaries and Placer County residents with no insurance. Other insurance situations may be considered on a case by case basis. To be eligible for services you must also have a current or past qualifying diagnosis that is impairing your functioning. Qualifying diagnoses can include:

- Schizophrenia and other psychotic disorders
- Schizoaffective Disorder
- Bipolar Disorders
- Major Depression
- Post Traumatic Stress Disorder